

JULY 2016 - GROUP EXERCISE SCHEDULE

Freestone Recreation Center 1141 E. Guadalupe Rd Gilbert, AZ 85234 (480) 503-6202

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
6:00-7:00am TOTAL BODY CONDITIONING <i>Rachel E (30)</i>	6:00am - 6:45am HIITraining <i>Jon (30)</i>	⌚6:00-7:00am TOTAL BODY CONDITIONING <i>Rachel E (30)</i>	6:00am - 6:45am HIITraining <i>Jon (30)</i>		7:15-8:15am POWER SCULPT <i>Rachel E (30)</i>	
⌚7:15-8:15am POWER SCULPT <i>Rachel E (30)</i>		8:00-8:45am HIITraining <i>Michelle (30) - ARB</i>			8:30-9:30am ZUMBA <i>Selene (50)</i>	
8:30-9:30am PILATES <i>Lynda (30)</i>	8:00-8:30am TONING RHYTHMS <i>Michelle (30)</i>	8:30-9:30am PILATES <i>Lynda (30)</i>	8:30-9:30am TONING RHYTHMS <i>Michelle (30)</i>	8:30-9:30am ♦ POWER YOGA <i>Dawna (30)</i>	8:30-9:30am POWER CYCLE <i>Rachel E (12) - Cycle Room</i>	
9:00-9:30am EXPRESS CYCLE <i>Liza (12) - Cycle Room</i>	8:30-9:35am ZUMBA <i>Michelle (50)</i>	9:00-9:50am POWER CYCLE <i>Liza (12) - Cycle Room</i>		⌚9:00-9:30am EXPRESS CYCLE <i>Liza (12) - Cycle Room</i>	9:45-1030am TABATA <i>Susan (30)</i>	
9:45-10:35am MUSCLE CONDITIONING <i>Liza (30)</i>	9:45-10:45am PILATES <i>Lynda (30)</i>	9:40-10:40am ZUMBA GOLD <i>Michelle (50)</i>	9:45-10:45a TONE & STRETCH <i>Michelle (30)</i>	9:45-10:35am MUSCLE CONDITIONING <i>Liza (30)</i>	11:00am-12:00pm YOGA - ALL LEVEL <i>Rachel L (30) - Assmby Rm</i>	10:15-11:15am ZUMBA <i>Selene (50)</i>
11:00am-12:00pm PRIME TIME FITNESS <i>Jenny (40)</i>	11:00am-12:00pm PRIME TIME FITNESS <i>Jenny (40)</i>	10:50-11:50am YOGA - ALL LEVEL <i>Deanna (30)</i>	11:00am-12:00pm PRIME TIME FITNESS <i>Jenny (40)</i>	10:50-11:50 YOGA - ALL LEVEL <i>Deanna (30)</i>		
⌚12:00-1:00pm ZUMBA GOLD <i>Michelle (50) - Gym</i>				12:00-1:30pm ZUMBA GOLD & STRETCH <i>Michelle (30)</i>	No Classes on Independence Day: Monday, July 4th, 2016 Open Hours: 10am - 5pm Please Note: Pilates Classes with Marie will return in August	
12:30-1:45pm GENTLE YOGA <i>Deanna (30)</i>						
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	Legend	
4:00-4:45pm FULL BODY BLAST <i>Susan (30)</i>	4:00-4:45pm TONE & STRETCH <i>Susan (30)</i>	4:00-4:45pm UPPER BODY BLAST <i>Susan (30)</i>	4:00-4:45pm LOWER BODY BLAST <i>Rachel E (30)</i>		(#) Class Maximums	★NEW Class
5:00-5:30pm CORE STRENGTH <i>Delia (30)</i>	5:00-5:45pm TONING RHYTHMS <i>Jackie (30)</i>	5:10-6:10pm MUSCLE CONDITIONING <i>Rachel E (30)</i>	5:10-6:00pm PILATES SCULPT <i>Liza (30)</i>		Asmby - Assembly Rm	♦New Class Name
5:40-6:25pm ★PiYo Live <i>Delia (30)</i>	6:00-6:45pm TOTAL BODY CONDITIONING <i>Jackie (30)</i>	6:20-7:20pm ZUMBA <i>Selene (50)</i>	6:15-7:15pm ZUMBA <i>Michelle (30)</i>		ARB - Aerobics B	⌚Time Change
6:35-7:35pm ZUMBA <i>Michelle (50)</i>	6:00-7:00pm GENTLE YOGA <i>Jocelyn (30) - Asmby Rm</i>				GENERAL CLASS INFORMATION	
7:15-8:15pm YOGA - ALL LEVEL <i>Rachel L (30) - Asmby Rm</i>	7:00-8:00pm ♦ POWER YOGA <i>Rachel L (30)</i>	7:15-8:15pm YOGA - ALL LEVEL <i>Rachel L (30) - Asmby Rm</i>			Fitness classes are designed for participants 15 years and older. Children 11 years and under are not permitted in fitness classes. Children ages 12-14 years wishing to attend the fitness class must be accompanied by a participating adult. Kiddy Korner is available for children 18mos - 7yrs while parent is on site. Valid daily pass or membership is required for use of this service.	

All group exercise classes are held in Aerobics Room A unless otherwise noted. Cycling classes are held in the cycling room in the rear of the building. Class sizes are limited. The instructor will collect all passes at the start of class. Closed toed shoes are required with the exceptions of yoga or Pilates classes. All classes, times, and instructors subject to change and/or cancellation. Please let the instructor know of any physical limitations or injuries prior to the start of class.

KIDDY KORNER HOURS: M-F: 8am-12pm & 4pm-8:15pm Saturday: 8am - 2pm Sunday: Closed

CLASS DESCRIPTIONS

Core Strength: Help build a more stable, powerful abdomen and lower back to improve fitness, straighten posture and provide a solid foundation in this intense 30 minute class.

Express Cycle: Get your cardio in with this 30 minute class designed for all levels. Variable rides will include hills, sprints and end with a stretch.

Full Body Blast: This complete body workout challenges both your muscular strength and muscular endurance. Every muscle group is targeted, leaving you with a totally toned body!

HIIT Training - High Intensity Interval Training (HIIT) class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. Modifications for all fitness levels are provided.

Interval Training: High intensity cardio workout done by mixing spurts of aerobic cardio work with short periods of rest. Workouts can be modified to any level. Perfect for a beginner or an elite athlete.

Lower Body Blast: the workout alternates between strength exercises and cardio blasts to chisel the entire lower body! Each round of exercises continues to layer on the intensity to fully fatigue the lower body while burning off unwanted fat and major calories in the process.

Muscle Conditioning: A weighted workout set to the rhythm of music, this class will help you get a cardio workout along with strength and endurance through the use of dumbbells, bands, and a flex ball.

Pilates: This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unite the mind and body, and create a more streamlined shape. *Bringing your own yoga/Pilates mat is recommended for this class.*

Pilates Sculpt: Pilates principles and small apparatus such as bands, balls and weights are integrated to create a dynamic class that will strengthen your core and more! Bringing your own yoga/Pilates mat is suggested.

PiYo Live: PiYo™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

Power Sculpt: This class is designed to work your entire body through your core! The workout features alternating sequences of standing, kneeling and floor exercises, targeting multiple muscle groups at once, working multiple planes to target the smaller muscles that define your body that will result in balanced strength and a solid core!

Power Cycle: This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and strength.

PrimeTime Fitness: This class is designed for men and women 55+ years old or those looking to expand their strength and flexibility at a more advanced level than the Silver Sneaker program.

Power Yoga: YOU find YOUR power. A powerful, dynamic and sweaty all levels class designed to challenge, awaken, detoxify and purify your system, muscle and tissue of the body. Sculpt, tone and condition both your body and mind. Modifications and variations are encouraged to support and accommodate individual needs and experience levels.

Tabata: Tabata is an intense fitness class that works the entire body. Tabata training lasts four minutes following a pattern of 20 seconds of work; 10 seconds of rest that is repeated 4 times throughout the class.

Tone & Stretch: This class blends lightweight toning & deep stretching through a series of flowing movements using a variety of equipment to create a longer, leaner look.

Toning Rhythms: Take your toning conditioning to a whole new level! Choreographed to fun, upbeat, music each song will target a specific muscle group using light weights, resistance bands and small exercise balls to maximize toning and calorie burn. Mat work will also be included.

Total Body Conditioning: This class focuses on exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, coordination, balance, posture and agility. This class is guaranteed to give you a challenging, effective, and fun full-body workout!

Upper Body Blast: Target your upper body muscles properly with the perfect balance of core strength training while sculpting and shaping your biceps, triceps, shoulders and back muscles.

Yoga-All Level: This class will offer flowing sequences, relaxation, and meditation. Instructor provided adaptations make this class great for beginners, intermediates, and advanced yogis looking for a challenge. *Bringing your own yoga/Pilates mat is recommended for this class.*

Zumba: This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.

Zumba Gold: This adaptation of a Zumba class brings the thrill of the dance party to a modified, low-impact environment for active adults who want to move at their own speed.